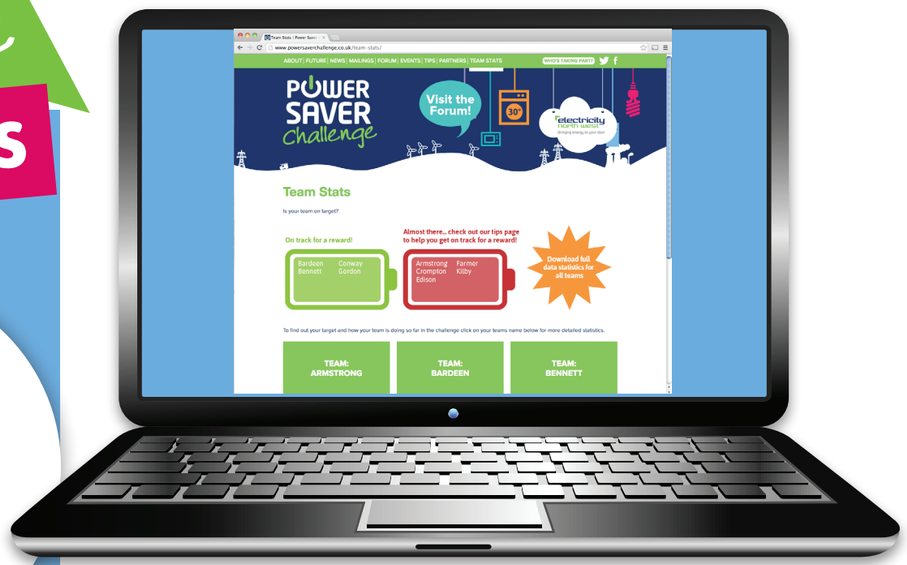
POWER SAVER challenge

Updates

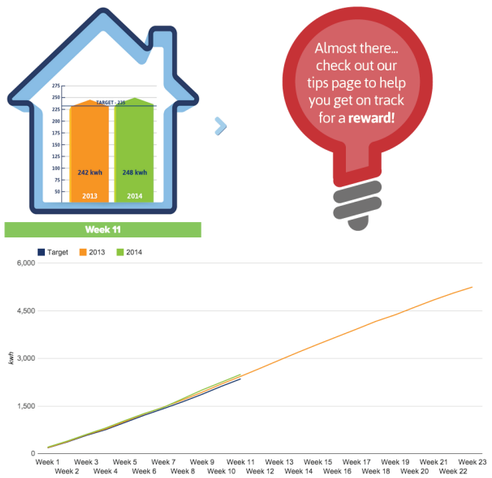
You've passed the half-way point in the Power Saver Challenge.

Four teams in The Heatons are on already track to meet their targets. the other teams are getting close, but with just a few weeks to go, it needs a final push to get there. Check out the Team Stats on our website to see how your team compares with the others.


POWER SAVER Challenge
Visit the Forum!
Team Stats
Is your team on target?
On track for a reward!
Bardeen
Bennett
Conway
Gordon
Almost there... check out our tips page to help you get on track for a reward!
Armstrong
Crompton
Edison
Farmer
Kilby
Download full data statistics for all teams
To find out your target and how your team is doing so far in the challenge click on your teams name below for more detailed statistics.
TEAM: ARMSTRONG
TEAM: BARDEEN
TEAM: BENNETT

Track your progress

Why not visit **www.powersaverchallenge.co.uk/team-stats**
To keep up to date with how your team are doing in the challenge, the graphs show how much electricity your team consumed last year and what your team used this year, along with the target your team needs to keep electricity usage under, in order to qualify for your reward.



POWER SAVER challenge

News!

Hello and welcome to your monthly **Power Saver Challenge** newsletter!

Inside

Each month, we'll be bringing you the latest information on the Power Saver Challenge and also news on events and sessions in the area.

Events
Batch Cooking Ideas
Cooking Tips
Slow Cooker Recipe
Rewards
The Exciting Bit!
Updates
Track Your Progress

We've passed the half-way point

Don't forget, for up-to-date information

Follow: @ElecNW_News
Like: ElectricityNorthWest
Search & Post online: #powersaverchallenge
Visit: www.powersaverchallenge.co.uk

electricity north west
Bringing energy to your door

POWER SAVER Challenge

Events

Events will be running throughout the challenge which will be informal and sociable sessions that give you and your other teammates hints, tips and updates on the challenge.

These events are open to all people participating in the challenge.

THURSDAY 12TH MARCH
Energy surgery with hints and tips on energy conservation

Lunchtime Session 1-3pm
Evening Session 6-8pm

THURSDAY 16TH APRIL
End of challenge party

Evening Session 6-8pm

All events will be at Heatons Sport Club, Green Lane.

If you wish to attend an event, visit us online to register, email us or text the word 'PSC' followed by the event date, your name and number of people attending to 60777.

11 Batch cooking ideas

Putting your freezer to work will save you time and money during the busy winter months. Here are 11 ways to get the most out of big-batch cooking:

If you can find a day or two to devote to some big-batch cooking, get to it – it will ensure you have healthy, prepared meals at the ready, and will help reduce the number of take-out dinners you rely on in a pinch.

1. **Make a plan:** Decide on the four or five recipes you're going to make in one session, and grocery shop everything at once. Double-check that you have all the spices and pantry items your recipe calls for; last-minute supermarket runs are frustrating.
2. **Choose the right recipes:** Don't reinvent the wheel when it comes to freezer meals. Prepare meals you're familiar with, and ones that are popular with the family. Look for recipes that call for inexpensive cuts of meat (shoulder, thighs, ground meat etc.) as these meats freeze best. Stews, soups and casseroles are classic freezable dishes.
3. **Have the right containers on hand:** Determine what containers or freezer bags you will need and have them before you start. You want your cooking to be efficient, and you want to be able to store things properly. When possible, freeze in containers that the meal can be thawed and reheated in.
4. **Cheat the chop:** Do not hand chop 6 cups of onions and two heads of garlic – you will never want to big-batch cook again! Instead, use your food processor to help when you can, this is meant to be efficient cooking. Tip: food processors are also great for grating cheese.
5. **Don't double your baking recipes:** Baking recipes are like chemistry, it's the percentage of each ingredient that makes a recipe successful. When recipes are doubled, these percentages are thrown off-kilter and you won't get the results you're looking for. Make single recipes a few times instead (but skip washing the bowls!).
6. **Double (non-baking) recipes:** The main concern when doubling recipes is spicing and seasoning. For instance, 1 tbsp of red chilli flakes tends to react differently than 3 tbsp, even if the other ingredients have been tripled. Add spices moderately, tasting as you go when possible. The same goes for salt and pepper: don't over-season, as you won't be able to correct it later. Adjusting seasoning is a great idea once your meal is thawed and reheated. If you want to add more spices to a dish – "bloom" them first. To bloom, heat a small amount of oil in a fry pan, add your spices and cook just until fragrant – then add to your meal. This brings out the flavour of the spices and avoids the raw texture that spices can have.
7. **Watch the vegetables:** For soups and stews, slightly under-cook your vegetables. They are going to get a second round of cooking when the meal is prepared, and this prevents them from becoming mushy.
8. **Cool foods fully:** Let all dishes come to room temperature before freezing them, but once they're at room temperature, freeze them immediately to prevent any growth of bacteria. For baked goods, it's also best to freeze them as soon as they're at room temperature – it seals in the freshness.
9. **Get rid of the air:** Air is the enemy in your freezer; it causes that dreaded 'freezer-burn'. If freezing in a freezer bag, use a straw to suck out any excess air. If food doesn't completely fill a container, lay a piece of parchment over the dish, tucking in the sides to prevent the air from getting to your dish.
10. **Label, label, label:** Sure, you might think you'll remember the difference between your roasted tomato sauce and your regular tomato sauce – but once it's frozen and three months have passed, you may not. Label with name, date and any recipe directions you may need once thawed.
11. **Freeze in usable portions:** There's no point freezing 4 litres of chicken noodle soup in one solid block, unless you intend on using it all at once. Instead, consider the portion size you will need for a meal and freeze it in appropriate containers.

Top 10 Cooking Tips

Love it or loathe it, cooking is a pretty necessary part of life, and even the most ardent takeaway fans or lovers of fine dining will find themselves in the kitchen at some point.

The costs involved in whipping up a bite to eat extend further than the ingredients bought from the shop – ovens, microwaves and all those handy gadgets that promise to make life easier consume energy. In fact, around 4% of the average gas and electricity bill is down to cooking alone! Follow these top tips to make sure you're not needlessly wasting energy (and money!) as you go about your culinary creations.

1. **Microwaves are the most energy-efficient means of cooking, followed by hobs, and lastly ovens.** So use your microwave as much as possible. Remember to turn it off at the wall after use to conserve even more energy (nobody uses them as a clock anyway!).
2. **Use lids on pots and pans.** Covering pots and pans helps to trap heat, so you can cook things quicker, or achieve the same level of boiling or frying without having the hob turned up so high. This can save between 8% and 14% in energy costs.
3. **Use the right sized pans.** There's no point boiling a small handful of new potatoes in a massive pot – you'll just be wasting energy trying to heat up all the excess water. Also, make sure the pan you do is on the correct hob. If you can see any hob area peeking out from underneath you're just losing energy!
4. **Keep the oven door closed.** Every time you open the door the oven loses all its heat, so it has to work harder to get back up to the right temperature again. Keep your oven door clean and you should be able to spy on your food without having to open it.
5. **Cook in batches.** Cook as much food in one go as possible – there's no point having the oven on for an hour to cook two dishes separately when they could go in together for 30 minutes! This is especially useful if you're cooking a big meal, or you share a kitchen with others.
6. **Defrost naturally.** Try to avoid defrosting food in the microwave, and instead put it in the fridge overnight, or first thing in the morning. This can halve its cooking time.
7. **Use the right cookware.** Glass and ceramic dishes are best for use in the oven, while copper-bottomed pans heat up much quicker than stainless steel ones. Cast-iron pans are good for retaining heat, too, so you won't need the hobs turned up so high.
8. **Use a steamer for vegetables.** Or just pop a metal colander over the top of something that's already on the boil and use that instead (remember the lid!) – this saves using an additional hob and results in super tasty, super healthy veggies.
9. **Switch off the oven early.** A decent oven will retain the required temperature for up to ten minutes after you switch it off – so that's ten minutes of energy you could save without compromising on your dinner's needs.
10. **Keep your oven and stove top clean!** Any bits of burnt food or grease simply absorb heat – especially on electric cookers – making them less efficient.

Slow cooker recipe:

Thai beef curry

INGREDIENTS

- 2-3 tbsp groundnut oil
- 2kg beef short ribs (bone-in ribs left whole), or brisket, cut into large chunks
- large bunch coriander
- 2 lemongrass stalks, 1 bashed, 1 roughly chopped
- 3 garlic cloves, chopped
- 1-2 green chillies, roughly chopped, deseeded if you like
- 2cm-piece galangal or ginger, peeled and chopped
- 50ml rice wine vinegar
- 50ml fish sauce
- 2 tbsp palm or light brown sugar
- 400g can coconut milk
- 2 star anise
- 6 kaffir lime leaves
- juice 2 limes, plus wedges to serve

METHOD

1. Heat a little of the oil in a large pan and brown the beef in batches, removing to a plate after, reserving any juices. If your slow cooker has a browning function, use this instead. Meanwhile, in a mini chopper or food processor, whizz half the coriander, the chopped lemongrass, garlic, chillies and galangal with the rest of the oil until you have a rough paste.
2. Turn the slow cooker to High. Heat the paste for a few mins, then add the beef and all the remaining ingredients, apart from the remaining coriander and lime juice. Turn slow cooker to Low and cook for 8 hrs, or until the meat is falling off the bone.
3. If using beef ribs, remove bones from the beef, then shred the meat with 2 forks. If the sauce is too thin, strain it off and boil it to reduce. Stir in the remaining coriander and lime juice, then season with more fish sauce or sugar.

POWER SAVER challenge

Rewards

The exciting bit!

If you and your team manage to meet the target, you'll qualify for a reward.

You can choose from either; a household appliance from the list on the following pages, or you can donate your reward to a local community initiative.

Simply fill in the reply slip on the inside back page, and post it back to us.

Community initiatives

- 1st Heaton Vale Sea Scouts
- Sustainable Living in the Heatons
- Heaton Norris Pavilion Community Centre
- Heaton Mersey Community Association
- Heaton Sports Club on Green lane
- Bzercus Community Circus

1. ESSENTIALS C50TW12 FRIDGE FREEZER

Fridge: 89 litres / Freezer: 29 litres
Energy rating: A+
Freezer defrost system: manual
One year manufacturer's warranty

2. ESSENTIALS C55TW12 TALL FRIDGE FREEZER

Fridge: 171 litres / Freezer: 41 litres
Energy rating: A+
Freezer defrost system: manual
One year manufacturer's warranty

3. ESSENTIALS C50BW12 FRIDGE FREEZER

Fridge: 112 litres / Freezer: 48 litres
Energy rating: A+
Freezer defrost system: manual
One year manufacturer's warranty

4. INDESIT ICD661 COMPACT DISHWASHER

6 place settings
Energy rating: A
One-year manufacturer's warranty
Noise level: 55 dB(A)

5. ESSENTIALS CDW60W13 FULL-SIZE DISHWASHER

12 place settings
Energy rating: A+
Water consumption: 12 litres per cycle
One-year manufacturer's warranty
Noise level: 55 dB(A)

6. ESSENTIALS CDW45W13 SLIMLINE DISHWASHER

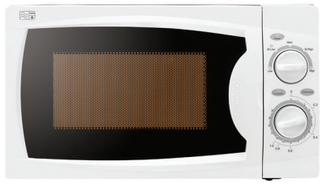
9 place settings
Energy rating: A+
Water consumption: 10.5 litres per cycle
One-year manufacturer's warranty
Noise level: 55 dB(A)

7. BEKO DL1043W SLIMLINE DISHWASHER

Exclusive to Currys
10 place settings
Energy rating: A
Water consumption: 13 litres per cycle
One-year manufacturer's warranty
Noise level: 49 dB(A)

8. ESSENTIALS C17MW14 SOLO MICROWAVE OVEN

Maximum microwave power: 700 W
Capacity: 17 litres



9. LOGIK L20MS14 SOLO MICROWAVE OVEN

Maximum microwave power: 800 W
Capacity: 20 litres
6 auto programmes

10. PANASONIC NN-E271WMBPQ MICROWAVE OVEN

Maximum microwave power: 800 W
Capacity: 20 litres
9 auto programmes

11. SHARP R272KM MICROWAVE OVEN

Maximum microwave pov
Capacity: 20 litres
9 auto programmes

12. SHARP R272KM SOLO MICROWAVE OVEN

Maximum microwave pov
Capacity: 20 litres
8 auto programmes
Turntable diameter: 255mm

13. ESSENTIALS C510WM1 WASHING MACHINE

Capacity: 5kg
Spin speed: 1000 rpm
Energy: A+

14. BEKO WMP601W WASHING MACHINE

Capacity: 6kg
Spin speed: 1000 rpm
Quck Wash time 28 mins
Energy: A+

15. LOGIC L612WM13 WASHING MACHINE

Capacity: 6kg
Spin speed: 1200rpm
Quick wash time: 15 minutes
Energy rating A+

16. ESSENTIALS CFSESV12 ELECTRIC SOLID PLATE COOKER

Width: 50cm
Single oven cooker with grill
Conventional oven
Easy clean enamel oven liners

17. ESSENTIALS CFSESV12 ELECTRIC SOLID PLATE COOKER

Width: 50cm
Single oven cooker with grill
Conventional oven
Easy clean enamel oven liners

18. ESSENTIALS CFSESV12 ELECTRIC SOLID PLATE COOKER

Width: 50cm
Single oven cooker with grill
Conventional oven
Easy clean enamel oven liners

19. BELLING BABY 321R ELECTRIC TABLETOP COOKER

Width: 50cm
Single oven cooker with grill
Conventional oven
Easy clean enamel oven liners

Detach this form by cutting along the dotted line, fold length ways and post back to us in the prepaid envelope supplied.

Reply Slip

POWER SAVER challenge

Reward request

Please pick one of the options from the rewards list, or the community inititatives by ticking one of the boxes.

Name:
Address:

Community initiatives

- 1st Heaton Vale Sea Scouts ☐
- Sustainable Living in the Heatons ☐
- Heaton Norris Pavilion Community Centre ☐
- Heaton Mersey Community Association ☐
- Heaton Sports Club on Green lane ☐
- Bzercus Community Circus ☐

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2. ESSENTIALS C55TW12 TALL FRIDGE FREEZER ☐
3. ESSENTIALS C50BW12 FRIDGE FREEZER ☐
4. INDESIT ICD661 COMPACT DISHWASHER ☐
5. ESSENTIALS CDW60W13 FULL-SIZE DISHWASHER ☐
6. ESSENTIALS CDW45W13 SLIMLINE DISHWASHER ☐
7. BEKO DL1043W SLIMLINE DISHWASHER ☐
8. ESSENTIALS C17MW14 SOLO MICROWAVE OVEN ☐
9. LOGIK L20MS14 SOLO MICROWAVE OVEN ☐
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16. ESSENTIALS CFSESV12 ELECTRIC SOLID PLATE COOKER ☐
17. ESSENTIALS CFSESV12 ELECTRIC SOLID PLATE COOKER ☐
18. ESSENTIALS CFSESV12 ELECTRIC SOLID PLATE COOKER ☐
19. BELLING BABY 321R ELECTRIC TABLETOP COOKER ☐